Conversation Cheat Sheet.

Initiate A Conversation.

Hypothetical: *"Would you rather…"*

Self: *"I did ___ Yesterday. What about you?"*

Bird: *"Look at that…"/"I like your…"*

Open Ended: *Who, what, when, where, why…"*

Emotion Labelling: *"Shit/rough day?"*

Being You!

Mental Health and Anxiety.

Diaphragmatic/Stomach Breathing.

3 Sounds, 3 Things, 3 Movements.

Shadow Work- Ask yourself hard questions.

Mindful Meditation.

Practice Authenticity and Avoid Avoidance!

Listening and Curiosity Mindset

Understanding, Demonstrating Understanding.

Reflective Responses and Expanding. ⟳

Spectrum of Listening.

Mistakes.

One-upmanship: *"My situation is harder…"*

Constant Negativity: *"_____ sucks"/"I hate ____"*

Judgement: *"I don't like John."*

Cutting off, Impatience.

Hey, you might be feeling anxious right now. Don't worry, you're okay. You got this.

3-Rule

quickly relax.

Mentally point out 3 things you can see.

Note 3 things that you can hear.

Feel the sensations in 3 areas of the body.

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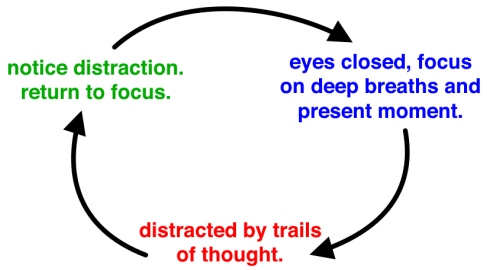
Mindful Meditation

quickly relax.


notice distraction.
return to focus.
eyes closed, focus on deep breaths and present moment.
distracted by trails of thought.

Questions and Answers below.

What happens if no one listens to me?

There can be many reasons for this. I have a video about the topic. This can come from a lack of respect, anxious people, and even from people who are genuinely just rude, and who don't listen to *anyone*. The best thing to do here is just listen to them, and talk less. It sucks, but I wouldn't waste my words on someone who isn't going to listen to them. Find people who care, and hold them close.

Who do I talk to if I want to practise?

I learnt customer service, where I was meeting a lot of new co-workers and customers each day. I also pushed myself to connect more with strangers like cashiers, waiting in line, etc.

How do I stop overthinking?

Try the exercises above. Diaphragmatic breathing is worth noting here- breathe slowly and deeply. Great for just before a job interview, or meeting someone new. Sometimes you can do it for even a few breaths to feel an effect. The goal is to get you out of your head, and into reality.

What if I don't know what to say next?

Don't stress. Breathe. Focus on connection, not performance. Do not forget about moving away from a performance, and toward connection.

How can I talk to a complete stranger?

In my eyes you must start somewhere. If you feel uncomfortable in the moment, you can try 'warming' yourself up a bit by just greeting random people, and starting small talk. I'm a believer that the effect that this has is mostly adrenalin though, but I can't be too sure. Take little 'dips' in the world of talking to strangers. You can surely get better at it over time.

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How do I know I won't say something stupid?

The hard truth no one will tell you: you might. But, in 100 years, no one will care, and everyone will be dead. The best way to get over this feeling is to simply get used to it. I say dumb things all the time that I regret, but I learn from them- always.

What are fun topics to talk about?

Movies are bloody awesome. Recent news is a pretty universally understood topic as well. Once I get to know someone a tiny bit, I typically judge their hobbies and interests fairly early.

What about awkward silences?

Awkward silences might happen from time to time. As with many things in conversation, you will get used to them if you make the most of them. If an 'awkward silence' finds its way into your conversation, practice accepting it and being okay with it. You are not your feelings, and feeling awkward does not make you awkward. It is purely an experience.

What if someone is one-upping me?

Usually this occurs if the person is feeling insecure or unsure of what to say next. If you want to avoid conflict or confrontation, I'd simply acknowledge the significance of the person's point and redirect the conversation away from rivalry. This can be annoying sometimes, and there might be occasions where it's probably best to just walk away or avoid them—or even call them out. You be the judge.